

FRIDAY'S MARKETING : A MARRIED LIFE SERIAL : JAP CREPE UNDERWEAR : CYNTHIA'S ANSWERS

MRS. WILSON EXPLAINS BUYING AND COOKING OF CUTS OF VEAL

How to Tell Good Veal. Use of the Shoulder, Neck, Rack, Breast, Loin and Leg

Dealing With the Fancy Cuts, Sweetbreads, Kidney, Etc.—Good Ways to Serve Them

By MRS. M. A. WILSON

ALTHOUGH meats vary in the amounts of fat which they contain, the chief difference to be noted between the cheap and the more expensive cuts is not so much their nutritive value as their texture and flavor and the length of time required for cooking them.

All meat is muscle, which consists of minute fibers, which are bound together with connective tissue. These fibers are most tender in young animals and in the parts of the older animals which have had little muscular strain.

Thus from under the backbone in the hind quarter is the place where the tenderest meat is found. And as this equals only 26 per cent of the total carcass, the housewife must realize that if the price of meat is to be maintained at a figure where we may all enjoy it she must learn to use the other 74 per cent.

Now, as I have told you before, the meat is made of fibers; these fibers are bound together into bundles or groups by a thin membrane called connective tissue. This membrane, when cooked in water or by steam, is converted into a gelatin. This process is very quick if the meat is from young animals or the choice cuts. However, if the meat is from the less choice portions or from older animals the process is quite slow and will require sufficient time to cook the meat until tender.

Veal is the dressed carcass of the calf. The flesh should be firm, pinkish white and should be well cooked to develop its flavor and nutritious qualities. The cuts are the neck, shoulder, rack, breast, loin and leg. The shoulder, breast and loin are used for roasting, the neck and end of the leg for stewing, the leg for cutlets and the rack for chops. The knuckle from the leg of veal may be used for stews, soups, stock or pepper pot.

Other products from the calf are heads, brains, hearts, sweetbreads, feet, calves' liver, tripe, kidney and tongue. The kidneys are usually left in the loin.

To Cook The shoulder may be boned and rolled or left plain, or just remove the blade bone and then use a filling. The breast may have the bones removed and then a pocket made and filled.

To roast the loin trim and tie into shape and then roast.

Meat from the neck, breast and knuckle is frequently used with chicken and, if properly prepared, it is delicious. Stock made from veal bones is rich in gelatin and may be used for meat loaves, molds and aspics.

To Prepare Breaded Cutlets Cut the cutlets into suitable pieces and then roll in flour and dip in beaten egg, and then dip again in fine bread crumbs, patting firmly. Fry quickly to a golden brown. Place in a hot oven to finish cooking. The cutlet may be served with either brown gravy or tomato sauce.

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—Will you please explain to us what is meant by the following: Drawn butter, browned flour (no lard), acidulated water, to caramelize? Thanking you very much in advance for explaining these. Mrs. C. T.

Mrs. C. T.—(1) Drawn butter is a sauce made of flour, milk and butter. (2) Flour browned in the oven. (3) Water made tart by use of lemon juice, vinegar or chemicals. (4) Sugar cooked to the caramel stage.

My dear Mrs. Wilson—You have kindly helped me with difficult matters; I am asking you again for help. I have eaten several times fish fried in a batter (like we make apple fritters) and served with tomato sauce. Also vegetables fixed the same way. Could you kindly tell me how the batter is made and just how to prepare, also if the vegetables are cooked first? And would you also tell me how to make veal croquettes, and if tomato sauce should be served with them? Thanking you very kindly.

Mrs. A. L. S. Batter for Frying Fish or Vegetables Mrs. A. L. S.—Break one egg into a cup and then fill with either water or milk. Pour into a bowl and add one and one-quarter cupfuls of flour.

FRUIT SALAD IS GOOD



Fruit salad is delicious to eat, good to look upon and, more than all this, a concoction that makes for health. Virtually any kind of fruit can be used in this salad. The lettuce should be crisp and tempting. Whipped cream supplies the dressing. Fruit salad serves very well in place of dessert, or is excellent to serve for "refreshments."

COOKING THE FANCY CUTS

To Prepare Brains

Soak for one hour in cool water, adding the juice of one-half lemon. Drain and then parboil for ten minutes. Drain and then trim free from excess tissue. Place under a weight to flatten and make firm, if desired, or cut into two and dip in flour and then in egg, and finally in fine bread crumbs. Fry in hot fat until a golden brown. Serve with hollandaise sauce.

Calf's Heart a la Mode

Wash and soak the heart for a few minutes in water and then remove the tubes, veins and cut the heart into dice. Parboil until tender. Add

One-half cupful of vinegar, Four onions, chopped fine, Two carrots, cut in dice, One teaspoonful of sweet marjoram,

Two teaspoonfuls of salt, One teaspoonful of white pepper. Thicken gravy and serve with toasted strips of bread.

Calf's heart may be cut in thin slices, dipped in flour and then fried. Calf's liver is most delicate and must be cooked quickly, either by pan-frying or broiling. The head is used for mock-turtle soup or cooked and served with brown sauce or made into calves' head cheese. The tongue may be cooked until tender and then pickled in vinegar.

The feet may be used in place of the head for mock-turtle soup, and in place of the knuckle in making pepper pot.

Sweetbreads

Soak the sweetbreads for one hour in cool water, adding the juice of one-half lemon. Wash and then parboil. Trim free from fat and tubes and then they are ready to use in cream sauce, sauted, terrapin style or a la Newburg. To broil, split, dip in vegetable salad oil and then broil for five minutes. Lift on a slice of toast and season. Garnish with parsley and serve with hollandaise sauce.

Veal Croquettes

Place in a saucepan and then bring to a boil and cook for five minutes. Now add

One and one-half cupfuls of cooked veal, minced fine, One tablespoonful of grated onion, Two tablespoonfuls of finely minced parsley, One and one-half teaspoonfuls of salt, One teaspoonful of pepper, One tablespoonful of Worcestershire sauce.

Beat to blend well and then pour on greased platter and set in a cool place for four hours to mold. Form into croquettes and then dip in beaten egg, and then in fine bread crumbs; fry in hot fat. Serve with tomato sauce.

To Keep Velvet

Velvet never should be brushed with a stiff, coarse brush. The pile is easily injured; in fact, the short, soft threads that make it up often can easily be pulled from their foundations with the finger nails, and a coarse brush is almost sure to loosen them. A soft velvet brush is the best to use.

The Woman's Exchange

TODAY'S INQUIRIES 1. What is the birth stone for March? 2. What is the best trimming for an exclusive georgette blouse? 3. Describe several of the clever new little well worn hats on the market. 4. What are pastel shades? 5. How should aluminum utensils be cared for? 6. What is fogoting?

YESTERDAY'S ANSWERS 1. The Bank of Commerce is a famous financial institution in Canada. Has 1000 women in its employ. 2. Mrs. Naylor is the inventor of a pill because she lost a bet with her husband that she would lose a weight of five lbs. Please hold it would not be over before Christmas. 3. It is never correct for a married woman to have her name changed. Her name ever, from her maiden name, is proper for her to put Mrs. John Smith as well down in one corner of the paper. 4. Change is an overfitting used to keep any silk cord or braid in place when this being applied as an undergarment. 5. Children's feet to five should wear their shoes just covering the knee, of a light color, when the feet are the average child until she reaches the age of sixteen or seventeen, when the feet can be made two inches longer. At four inches longer, according to the size of the girl. 6. When the steaming process does not take the shine from a serge dress use a piece of fine sandpaper on it.

Please Read

Hereafter all queries addressed to the Woman's Exchange will be answered in the paper. In this way we will get the benefit of each other's problems. No personal replies will be sent with the exception of those which refer to shops, patterns, games, etc. Letters will be answered in the column just as promptly as possible, and if it is desired just the answer and not the letter itself printed. All communications to the Editor of Woman's Page, EVENING PUBLIC LEDGER, Philadelphia.

And So They Were Married

By HAZEL DEYO BATCHELOR

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START TO READ THIS TODAY

IN SPITE of the fact that Ruth kept up her friendship with Nick Carson and that Scott rarely spoke of it at all, Ruth began to realize a difference in Nick after that night when Isabel had made her confession. Once or twice he had done things that had made Ruth uncomfortable, and she discovered that she was really lying to herself when she said that Nick's friendship was safe. Ruth herself cared not at all for Nick, she cared for no man but Scott, and she did nothing to distract Nick and to put other thoughts save friendship into his head, but the thoughts were there just the same, and Ruth knew it.

Nick was allowing himself a little freedom. He did things that he would not have attempted at first, such as holding her hand a great deal too long when he sat next to her, or he would kiss her lightly, and Ruth had pretended to herself that it was nothing at all to give a second thought to, that Nick meant nothing at all by anything he did, and she even said laughingly to Scott that Nick was a flirt but that he meant nothing by it.

Women have spoiled him, and he doesn't know how to be just a friend. Scott had thought, moment before replying and then had said slowly "perhaps he doesn't want to be a friend to a woman."

"Nonsense, Scott," Ruth had returned quick as a flash. Matters like this were never talked over with any freedom any longer between them. There was a barrier that both of them realized and neither would have taken a step toward it in one direction or another. If Ruth had been asked to tell exactly what she thought about it, she would have admitted that she would rather go back to the old state of affairs, but that inasmuch as Scott had not been satisfied with things as they had been, she herself would abide by the consequences. If any one had asked Scott to tell how he felt about matters he would have admitted that he was bitterly sorry that he had ever made it possible for Ruth to be friends with a man like Nick Carson, but he was too proud to tell her so. Both were playing at cross purposes.

Ruth insisted upon Scott sticking closely to his original program of going out at least one evening a week, and Nick Carson had been looking forward to these evenings with a certain regularity of life. He was seeing Ruth often and always alone, and Scott knew that she spent these evenings with Nick, yet he felt that he could hardly object. If he had thought for a moment that Ruth was growing to care for Nick, he would have died rather than admit it anyway.

Then Dolly Dayton gave a masquerade affair and both Ruth and Scott were invited. From the day their invitation came until a few days before the affair itself Ruth talked of little else but her costume and what fun they would have. The very fact that she was going with Scott and that she needed fear nothing from Nick's attentions went far toward making the evening one to be thoroughly enjoyed. Then Pate took a hand again and three days before the party Scott's firm sent him to Ohio on business.

"What about the masquerade?" she asked immediately. "I'm sorry, dear. It does seem a shame, but of course there's nothing else for me to do but go where I'm sent." Ruth's first thought was that of course she could not go, that was the conventional thought, then came the second thought, why shouldn't she go anyway? What was there to prevent it?

"Of course there's no reason why I can't go anyway, but I don't see why this had to happen. Nothing ever does go right." "Would you want to go alone?" "Of course, after paying all that money for that lovely Turkish costume that you got for me, you won't be here to see me in it!" "Ruth, I'd rather you wouldn't go alone." "Why not? I'll be all right. Nick will see that I get home." "Nick can't bring you home here unless you have some one stay with you." "Scott, surely you're not going to develop a conventional strain. All of your friends live alone, or a great many of them do. Don't tell me that no one ever has a man take her home on that account!"

And Scott for all his broad-mindedness washed suddenly right here for the power of the most typically dominant husband. He wanted to forbid Ruth to go to the masquerade, but he felt powerless to do anything about it.

Butterfly Negligee

Butterflies cut out of chiffon or georgette and applied on georgette or tulle to forbid Ruth to go to the masquerade, but he felt powerless to do anything about it. The two upper wings are cut from one chain, the two lower ones from another, and they are applied with flow of the same shade in a little chain across the shoulders. The body is tucked in the girdle.

DOTTED SWISS COMES INTO FAVOR AGAIN

The dainty organdie, muslin and dotted swiss dresses of yore are coming into vogue again, with washes to make them piquant. The frock shown is in dotted swiss. The hat is leghorn.



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A Daily Fashion Talk by Florence Rose

IT is very easy for most of us to remember the days of the simple organdie or muslin dress with which we gown ourselves on a summer afternoon, and felt with satisfaction, no matter how simple the attire might be, we were fitted for the occasion. There is every reason to believe that the same sort of simple frocks will be quite the smart thing for the coming summer. These simple dresses were shown to be the favorite type of frock among the women who spent this last season in the South, for there were more organdie and muslin frocks worn in the afternoon than frocks of any other kind of material.

The artist has made up a sketch of one of the newest of the simple frocks. The material selected for this dress is the one-time favorite dotted swiss. The collar, the front of which are quite full, is plain. The long collar which forms surplus is of organdie, and is finished on the edge with a two-inch lace. The three-quarter length sleeve is decorated with a turned-back cuff which matches the collar. The skirt is plain and straight. Such a dress is a very important role in the make-up of these cotton frocks. The sash which enhances the frock today is of a very wide, gro-grain ribbon in a bright, though soft shade of blue.

All of the best of these simple frocks, such as are shown today, are either white, or the pale shades of pink, blue, lavender, green or yellow. The sash, nearly always of a decided color, either in a corresponding though deeper shade than that of the frock, or of a decided contrast to the dress.

The hat shown with the dress today is of leghorn. The leghorn brim turns back from the face across the front of the hat. The soft crown is of blue taffeta and is decorated at the front with French handmade silk flowers.

(Inquiries are solicited and may be addressed care of this newspaper.) Copyright, 1919, by Florence Rose

Adventures With a Purse

WHY is it that nine women out of every ten make haste to have their shoes polished? "I know my shoes need polishing," you will exclaim as you look at them doubtfully, "but," you will glance hopefully at the sky, "maybe it's raining, anyhow." Or, as you logical thing to do is to shine 'em at home. It's not hard, particularly when you can purchase a combination shoe brush which shines it up—all for twenty-five cents.

HERE is something to purchase as a surprise for the man of the house—shaving soap. Not the regular cylindrical stick, but a shaving tablet, not quite as big round as the top of a saucer and about an inch in depth. I should think it is easy to dash a brush around on one of these. And they cost but twenty-five cents.

HAVE you started making summer underwear for yourself and your children? Why not make it out of white Japanese crepe? It's easy to wash, cool and doesn't have to be ironed. And, what is more, it has some today, probably thirty-two inches wide, for the ridiculously small sum of thirty-five cents a yard.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut 1260.

Please Tell Me What to Do

By CYNTHIA

Answers "Unbeliever" Your letter and the answer were published in the EVENING PUBLIC LEDGER of Wednesday, February 19. There have been several comments on your letter on different days since then.

Says Men Are Deceitful

Dear Cynthia—Men are more deceitful. Are you, "Unbeliever," engaged to this girl? From the way you write I think not. What rule is there or what law that prevents a girl from corresponding when she is free? You say you love her, and if she loves you why not become engaged? Then you could really find out whether she be deceitful or not.

It was very wrong for her to promise and then break, and it was worse still for her to deny it. But really, "Unbeliever," was it not a very silly promise to make? There are millions of women who are truthful—but to me a man is more deceitful, and you always find them so. As Cynthia says, "Unbeliever," and I am sure you will win out. HELEN H.

Talk With Him

Dear Cynthia—Where I work there is a young man who writes I think he has been going out for the last eight months. He cared for me and I learned to care for him. We had some wonderful days and everything seemed all right, until a few weeks ago, when something very funny happened. One day he was out and he seemed to change. I noticed it. He told me he was a talk, and so I changed, and also told me he still loved me. That is all he said. I was not angry, but I thought it was on account of my telling him about a young man with whom I had been going out? I did not love him. The man I was to marry said a word or two when I talked about the other fellow, and he was later leaving me to do all the talking for some time. He seemed never to care to hear about him. He has stopped calling at my home. I have received some very lovely gifts from him. Should I return them?

Do not be hasty about this thing. If you and the young man were to be married and he says he still loves you and you say you still love him, be sensible about the matter. Write and ask him to come and talk with you. Ask him if he is saying that he changed meant that he thought you cared for this other man. Tell him you only care for him and tell him too, that you know you should not have gone out with this other man when you were engaged to him (for you did write to me about it, didn't you?). If your fiancé was inclined to be jealous, and you had a right to expect you not to go about with others, if you were engaged to him.

If he will not forgive you and wants to break the engagement, then give him back his gifts, but not before. Be patient and sensible about it and do not let him know that you are angry. You really care for him. At the same time do not cry and fret to him. Be frank and true, and I am sure it will all come out right.

Disgusted With Vampirish Ways

Dear Cynthia—A short study of the letters in your column is almost enough to make a young fellow a "woman hater" if not a "woman lover." The way the fellows write to me is so full of plain. The long collar which forms surplus is of organdie, and is finished on the edge with a two-inch lace. The three-quarter length sleeve is decorated with a turned-back cuff which matches the collar. The skirt is plain and straight. Such a dress is a very important role in the make-up of these cotton frocks. The sash which enhances the frock today is of a very wide, gro-grain ribbon in a bright, though soft shade of blue.

Most of the fellows I know are of the same opinion as myself. When they call on a girl they expect her to be a pal, some one who is interested in their experiences and pleasures. They expect to enter wholeheartedly together in the fun and games and this does not mean meeting her inside any place of amusement. White fellows are mighty friendly and proud to pay for a good time. But they don't want all this loveless sentimentality. We fellows are mighty friendly and proud to pay for a good time. But they don't want all this loveless sentimentality. We fellows are mighty friendly and proud to pay for a good time. But they don't want all this loveless sentimentality.

I wish all the boys and girls of your age and the ages quoted for the girls had as much sense as you and your friends. It is not more than pity that little girls and boys, too, who should be studying their lessons and playing tennis and skating should be filling their minds with puppy love and romantic notions of romance and speed. Perhaps they would not if a few more boys spoke out as plainly as you do.

Healthy, sensible friendships in childhood and boyhood days make much better women and men, and better wives and husbands when the time to marry comes. I hope some others of your friends will write their views on this subject. Perhaps the girls will see the beauty of it. There are many sensible ones among them, too, you know. I don't judge all by those who "are considered beautiful" by both sexes.

The Fur & Millinery Shop, Inc. 1423 Walnut Street FURNS HATS WAISTS CLOTH AND SILK TOP COATS SILK AND WOOL SWEATERS NOVELTY BAGS

A STATEMENT FROM A GIRL WHO DOESN'T HAVE TO WORK

She Answers the Contention That the Young Woman From the Comfortably Fixed Family Should Withdraw in Favor of the One Who Needs Her Salary—An After-the-War Problem

SHOULD the girl who works for the sheer love of the job give up in favor of the large army of girls who do need positions? Now that the war is over this question again looms important. I have a letter from a girl reader who puts the matter in such a way that it affords much food for thought.

"Why is it," she wants to know, "that girls who have worked hard for the love of their jobs, even though their parents can afford to support them, are frequently said to be taking bread out of the mouths of those in more need of the money? I am one of the comfortably well-to-do girls who did not wait for the war to wake me up to the fact that to work was a good bit more interesting than not to work."

"No particular credit is due to me. Perhaps I was disappointed or ambitious. Well, at any rate, I took a position and have had one ever since. With the war, of course, came thousands of girls who did not have to work. And now, at the end of it, many of them are going out of it in hordes, just as they came in, which is only natural. But that still leaves the girl who went to her job because of ambition before the war. She does not have to work, and men are saying she ought to go back to her home."

"AND this is the thing I would like to get at. Shouldn't the girl who does the work in the most capable manner hold the position? When people say girls who do not actually depend for bread and butter on their positions ought to give them up in favor of those who do, I often think how stultified the world would be if men stopped making money the minute they had \$400 a month as the limit for their salary. Surely that ought to support him in ease and leave a little bit over."

"When he came to \$400 per month he would have to stop working to make way for the man whose family needed the money more than he did. When he turned around and said hopefully: 'But what am I to do now? I am only forty, and full of ambition.' The reply would be: 'You can get new tournaments, play in amateur theatricals and improve your dancing.' 'This same rule might apply to the

man with the family. When he made sufficient money to support them in comparative ease in spite of being in the prime of his accomplishment, he would be called on to resign and join the amateur theatrical class, too. All of this sounds absurd, doesn't it? And it would be absurd, too, because every one knows when a man has the brains to earn \$400 a month at an early age, he is the sort of man who is later going to do big things necessary for the progress of the world.

"YET this is just the argument that is applied to the young woman with ambition when it is suggested that she withdraw in favor of the girls who need positions. 'I have found this out! The girl who does her work most sincerely will get the better job regardless of her circumstances. There is and always has been plenty of room up top for girls who are willing to make the effort.'

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